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UN panel puts almost all blame on humans PAGE 7

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Move over, jack-o'-lanterns — it's time to put some Christmas ornaments outside the house. Now that Halloween is over, this house in south Edmonton is one of the first to remind everyone that there's just 55 days until Christmas.

LUCY HAINES/FOR METRO

Tuition hike talks lack transparency: Student groups

Market modifiers.
Province just starting to evaluate proposals, aware of concerns, says post-secondary minister

LEAH HOLOIDAY
leah.holoiday@metronews.ca

Letters slamming several universities' student consultation process for proposed tuition hikes have been sent to Alberta's innovation and post-secondary minister, urging him to toss out the requests, and scrap the entire process.

Released on Thursday, the letters are the work of student unions and associations from the University of Alberta, University of Calgary, Mount Royal University and the University of Lethbridge, and are addressed to Minister Don Scott regarding recent market-modifier consultations.

They call on Scott to reconsider the proposed increases due to a "lack of transparency and the inadequate consultations" process for students.

Navneet Khinda, U of A student association VP, called the proposed tuition increases a breach in Premier Jim Prentice's promise to reinvest in post-secondary education for the province.

Khinda said the student association didn't have a fair chance to consult students on the proposed tuition increase for certain law, pharmacy and business programs at the U of A.

"This is our way to make sure our feedback gets to the minister," she said, adding Scott has seemed keen to make sure the student voice is heard.

Speaking with Metro Sunday, Scott said while he hadn't read the letters, he's aware of the concern from student associations about the consultation process.

Staying competitive

The province has said the program-specific market-modifier tuition hikes only intend to correct "anomalies" where Alberta schools are charging less than comparable institutions in other provinces.

"We have received a number (of proposals), but we have not evaluated them yet. We're still at the very preliminary stage. I think it's only fair we look at the information," he said.

"I simply can't reject them out of hand."

Scott said his goal would be to do what's right to strengthen the quality of the education system in Alberta.

"We have a strong system, but we need to make it even stronger," he said. "I'll be looking at these market modifiers with that same eye as well."

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Provincial politics

MLA talks of 'civil war' in Wildrose, goes independent

Rimbey-Rocky Mountain House-Sundre MLA Joe Anglin. FACEBOOK

Joe Anglin, the outspoken MLA for Rimbey-Rocky Mountain House-Sundre, said he no longer wants to represent the Wildrose in the legislature and that he was about to be kicked out of the party, anyway.

Describing himself as "a round peg in a square hole," Anglin announced via social media Sunday that he has formally written to the Speaker to sit as an independent.

"As a result of poor management and infighting, there will be a motion today by my leader, Danielle Smith, to have me removed from caucus," Anglin wrote on his Facebook page. "To be honest, this is upsetting but not surprising."

Anglin said the Wildrose is "infested with an unelected backroom weed that is choking off the grassroots movement," is embroiled in "a civil war between ideologues and pragmatists" and now finds itself at "a crossroads."

Anglin's relationship with the party soured over the summer when he was forced to fight what he called a surprise nomination battle against constituency association president Jason Nixon, a 34-year-old rookie politician.

ROBSON FLETCHER/
METRO IN CALGARY

The field behind Florence Hallock School, Poplar Park, serves up to 12 surrounding communities. METRO FILE

Parents hoping city funds field of dreams

Florence Hallock.
Mother says kids have had to get creative with their barren field

LEAH HOLOIDAY
leah.germain@metronews.ca

After five years of bottle drives and popcorn sales — and lobbying various levels of government for funds — a group of Edmonton parents is one step closer to securing a playground for their community.

The driving committee behind a new playground for north Edmonton's Florence Hallock School will be looking to city council to approve the latest budget and a $250,000 grant to help fund the much-needed district infrastructure.

"It's been a long haul," said Noela Shields, one of the parents behind the initiative.

The school serves students in kindergarten to Grade 9. According to Shields, when it opened five years ago, there was nothing more than an empty field and three basketball hoops for young people.

"They're really good at entertaining themselves and they're really good at soccer now because that's what they have available to them," she said.

"But little kids are little monkeys. They want to play, they want to climb, they want to run around and have something to play on."

Earlier this summer, the parent group secured a $125,000 provincial grant. With the proposed city funding and one more cheque from the province, they'll have raised close to $625,000 for the playground.

Allan Bolstad, executive director for the Edmonton Federation of Community Leagues said the parent group is one example of how the city's growth impacts infrastructure in new communities.

"It's a challenge. We're growing very quickly and that puts a demand on everyone," he said.

City groups working together to find solutions for a lack of public facilities will be vital moving forward, he added.

Planning

Shields estimates the total cost for the playground and a basketball court at more than $700,000 and says it will serve the surrounding 12 communities along with the 450 students at Florence Hallock.

- Edmonton's latest operating and capital budget was released last week, with plans for city council to deliberate it later this month.

NEWS

Bounty of the farmers' market comes to your door

Spud.ca. New online business delivers organic and local fare to homes and offices

LUCY HAINES
edmonton@metronews.ca

Spud.ca is the latest option for organic food home delivery in Edmonton. LUCY HAINES/FOR METRO

As winter approaches, it's all the more appealing to think about having produce and groceries delivered to your doorstep, instead of braving the elements to shop for yourself.

Spud.ca is the new kid on the block in Edmonton's organic food scene, and it's catching on quickly with Edmonton and area homeowners and businesses who want healthy, local food at reasonable prices.

Corbin Bourree, managing director of Edmonton's shop (others are in Calgary, B.C and California), said he's excited to work with farmers and producers from central and northern Alberta to bring customers the best in local fare, whatever the time of year.

"Our first aim is to offer both local and organic, then local, then organic," said Bourree, who has partnered with the Old Strathcona Farmers Market, Bloom Cookie, Prairie Mill Bread, Reclaim Urban Gardeners, Sparrows Nest Organics and more. "If you (have) mobility issues, or don't have access to organic foods, or don't want to seek it out all over town, we can bring it to you."

Online orders are growing fast — from 40 in late September to 500 this week — for residential delivery and downtown or industrial park businesses.

"Our goal is to have people drop the chocolate bar and pick up a piece of fruit and companies are loving it," Bourree said. "Some even want fresh fruit delivered every weekday."

Colin Kot, a customer who doesn't drive and lives in a condo, said he sought out the service when he moved to Edmonton from B.C.

"It's simple to order online and the product is very good," he said.

Background

- Spud.ca founder Peter Van Stolk is originally from Edmonton. After making his mark in the U.S. with Jones Soda, the entrepreneur created the organic food delivery business in B.C.
- Spud.ca has 1,800 products on shelves and online. Edmonton favourites to date are meats, gluten-free products and fresh baked goods.
- Home delivery is available throughout Edmonton, Spruce Grove, St. Albert and Sherwood Park.

Politics

Liberals, NDP rule out merger

While the recent four provincial byelections highlighted a split on Alberta's centre-left, party leaders say that rift won't be healing anytime soon.

NDP Leader Rachel Notley and the Liberals' Raj Sherman both say they have a growing base of support to make a breakthrough in the 2016 general election and won't be exploring a merger.

Notley said the party's fortunes in recent polls and in fundraising are reflected in candidate Bob Turner's second-place finish in Edmonton-Whitemud, a riding where the NDP has traditionally been off the radar.

"Whitemud is the most secure Tory seat in the province and they ran the (former) mayor (Stephen Mandel). And we went from running a distant fourth to a respectable second," said Notley in an interview.

Last week, Premier Jim Prentice and his Progressive Conservatives won all four byelections — three in Calgary and one in Edmonton.

The Tories came up the middle in two of them.

Sherman's party did not target one specific riding to win and finished well back in all of them.

He said the Liberals have $230,000 in the bank and didn't foolishly double-down on longshots in the byelections by spending big in four Tory strongholds.

THE CANADIAN PRESS

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 15, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Originally a pilot project in priority neighbourhoods, homeowners across Edmonton are now eligible for grants to home upgrades. Based on household income, details are at edmonton.ca/hope. Deadline to apply is Dec. 31. LUCY HAINES/FOR METRO

City program offers HOPE for Edmonton homeowners

Help available. Grants available to low-income Edmontonians for some necessary home fixes

LUCY HAINES
edmonton@metronews.ca

The approaching winter can mean high utility bills for homeowners that can't afford maintenance on heating and electrical systems or other property repairs, but the City's Housing Opportunities Program for Edmonton (HOPE), is offering help with the fix-ups.

"Our HOPE clients come from all walks of life — single parents to seniors. Safe housing for everyone is vital, and we encourage all eligible Edmontonians to apply," said Judy Downey, housing general supervisor for the City.

Up to $20,000 is available for plumbing, heating or electrical upgrades, or structural, fire safety or accessibility improvements. As part of The Way We Green, Edmonton's environmental strategic plan, those considering energy efficiency may qualify for an added grant of $2,000.

For Elena Zerea, a McCauley resident on disability, the HOPE program has provided new windows and a repaired roof and foundation. Zerea said the HOPE inspector helped her identify what work her home needed.

"I was so scared," said Zerea about her decision to call the city in the fall of 2013. "I've never met this person. How do I ask them for help? I was glad Dennis, the HOPE inspector, was there to explain what was happening and mediate between the contractor and engineer," she said.

Curb your enthusiasm

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Residents of Alberta Avenue, Boyle Street, Central McDougall, Eastwood, McCauley or Queen Mary Park may be considered for up to $1,000 for exterior home improvements through the Curb Appeal grant program.

Legend

Grant Fuhr looks back on life in the net in new book

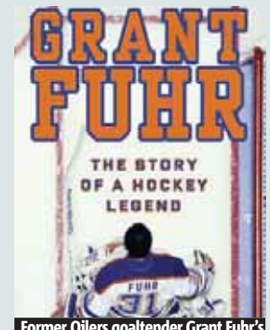
This October, when Grant Fuhr reunited with his teammates from the 1984 Edmonton Oilers squad, he all but forgot about his new book that would be coming out a few weeks later.

"The reunion was about the whole team. We were raised by Glen (Sather) as a family — 24 guys in a locker-room — brothers looking after each other. That's what I value most about those years," said Fuhr on a stop through Edmonton to promote his just-released memoir, Grant Fuhr: The Story of a Hockey Legend.

Fuhr, 52, said it's only since he retired from hockey that he's been able to reflect on his life and career. With sports writer Bruce Dowbiggin, Fuhr recalls "the good, the bad and the ugly" of his storied career, one that included five Stanley Cups as part of the Edmonton Oilers dynasty of the 1980s.

"We tell the story through my 10 most important games. For me, the top three are the '84 Stanley Cup final, the '87 Canada Cup and my first game as a pro," he said.

LUCY HAINES/FOR METRO



Former Oilers goaltender Grant Fuhr's self-titled new book. CONTRIBUTED

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Fallujah, Iraq. Canadian warplanes launch first airstrike against ISIS

Canadian warplanes involved in the American-led bombing campaign against Islamic State of Iraq and al-Sham (ISIS) militants in Fallujah had their baptism of fire on Sunday, launching the first air strike since deploying to the region.

Two CF-18 fighter jets attacked targets near Fallujah, roughly 70 kilometres west of Baghdad. a statement from Defence Minister Rob Nicholson's office said.

"Coordinated with our coalition partners, two CF-18s attacked (ISIS) targets with GBU12 500 lb laser guided bombs," the statement said. "The approximately four hour mission included air-to-air refueling from Canada's Polaris aircraft."

The three aircraft all safely returned to their base in Kuwait, the statement added.

Few other details of the strike were released, but the statement said assessment of the damage was being done.

Canada has deployed six CF-18s along with the C-150 Polaris and two CP-140 Aurora surveillance aircraft as its contribution to the American-led bombing campaign against ISIS, which has occupied parts of Iraq and Syria.

THE CANADIAN PRESS

Meanwhile ...

Brig.-Gen. Hussam Alawak, a senior member of the opposition to the Syrian government's regime, says Canada's time, effort and money would be better spent training ground forces to retake territory from ISIS in both Iraq and Syria, rather than on a bombing campaign.

French president's first official trip to Western Canada

French President François Hollande, left, and Prime Minister Stephen Harper walk around on Sunday in Banff, Alta. Hollande is the first French president to make an official visit to western Canada. Harper met Hollande in Calgary and the two made the 90 minute trip to Banff by car. They were expected to discuss greater co-operation on international security and threats, trade and economic development, innovation, and broader people-to-people ties. Hollande will also address Parliament and is also scheduled to visit Montreal and Quebec City. While in Banff both men will attend a state dinner hosted by Gov. Gen. David Johnston. PHOTO: JEFF MCINTOSH/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

Spookland. Police probing allegations of sexual assault at Halloween party

A 16-year-old girl was found naked, unconscious and drugged with GHB after a Halloween party at a Quebec resort Friday night.

Police in west Quebec are now investigating three separate instances of alleged sexual assault at the Spookland Halloween party at Mont Cascades Resort in Cantley, Que. — a party that clearly got out of control after nine revellers were transported to hospital for drug and/or alcohol poisoning.

When police arrived, it was near chaos, said MRC des Collines Police Spokesperson Martin Fournel. Police were tending to several young partiers who were unconscious from either drinking too much or taking unknown pills, Fournel said. "When our officers got onsite, they found one (unconcious youth) in the school bus, some in the parking lot," said Fournel.

"There was way more people that we couldn't help — being sick and puking and being dangerous, but they had to deal with the most important cases."

One such case was the 16-year-old discovered on the grounds of the ski hill "barely dressed" and unconscious. Toxicology tests revealed the girl had GHB, or the date-rape drug, in her system, said Fournel.

Two other girls aged 16 and 17 also reported being touched inappropriately while they waited in line for the event.

TREVOR GREENWAY/METRO IN OTTAWA

Transport Minister

Lisa Raitt to undergo surgery

Transport Minister Lisa Raitt is scheduled to undergo surgery on Tuesday to remove a "solid growth" on her ovaries.

She says diagnostic imaging and blood tests suggest the growth is not cancerous but she won't know for sure until it is removed and analysed.

How much time the 46-year-old will have to take off from her cabinet duties will depend on how invasive the surgery proves to be and whether the lump is cancerous. THE CANADIAN PRESS

Lisa Raitt THE CANADIAN PRESS

U.S. newspaper criticized for Jian Ghomeshi profile

Pittsburgh Post-Gazette. Paper printed profile on Ghomeshi as part of promotional supplement without mentioning abuse allegations

A Pittsburgh newspaper was left scrambling to explain on Sunday why a profile of former CBC radio host Jian Ghomeshi was reprinted in an advertising supplement without mentioning the abuse allegations that led to his termination.

A profile of Ghomeshi was on the front page of the Pittsburgh Post-Gazette promotional supplement that was sent to non-subscribers of the paper on Sunday.

The 850-word write up, featuring an August interview with Ghomeshi on his thoughts on life as an immigrant, first ran in the paper and online on Oct. 19. The paper posted an explanation on its website Sunday explaining the advertising supplement was printed on Oct. 23, three days before Ghomeshi's firing and the start of a number of media reports containing allegations from women who say they were physically or sexually assaulted.

Radio host Jian Ghomeshi is shown in this handout photo. CBC/THE CANADIAN PRESS

The "promotional advertising vehicle" contains "evergreens," stories the paper considers its best work, executive editor David Shribman said in an interview Sunday.

Due to a schedule that sees the promotion printed 11 days in advance there was no way they could have pulled it back in time, Shribman said in a phone interview.

"It's not a question of stupidity, it's a question of deadlines," he said.

Shribman couldn't provide an exact number of copies that were distributed but said they would have numbered in the "tens of thousands" of people. He said a note of explanation on the Ghomeshi piece would be in a future edition.

"The next time we print this thing ... we will also clarify what's going on with this guy."

In 2010, Ghomeshi's show, Q, achieved syndication in the U.S. care of Public Radio International. The show airs on more than 180 stations — including in Pittsburgh.

As many as nine women have alleged in media reports that Ghomeshi abused them physically and sexually. Toronto police have launched an investigation after three women came forward with accusations.

Neither he nor his lawyer have commented on the police investigation, but Ghomeshi said Thursday he would meet the allegations "directly," and said he won't discuss "this matter" further with the media.

Ghomeshi wrote last weekend in a Facebook post that he has had "rough sex" with women, but insisted it was always consensual.

Ghomeshi has launched a $55-million lawsuit against the CBC for breach of confidence. He also filed a grievance alleging defamation, a source said. A CBC memo issued last week said Ghomeshi was fired after senior executives saw "graphic evidence that Jian had caused physical injury to a woman." THE CANADIAN PRESS

Climate change is almost entirely humankind's fault: UN panel report

'Leaders must act.'
States have the means to reduce emissions, may need to decrease outputs to zero this century to stabilize global temperatures

Climate change is happening, it's almost entirely the fault of humans, and limiting its impacts may require reducing greenhouse gas emissions to zero this century, the UN's panel on climate science said Sunday.

The fourth and final volume of the Intergovernmental Panel on Climate Change's giant climate assessment didn't offer any surprises, nor was it expected to, since it combined the findings of three earlier reports released in the past 13 months.

Sleep-deprived delegates approved the final documents Saturday afternoon after a weeklong line-by-line review in Copenhagen that underscored that the IPCC process is not just about science. The reports must be approved both by scientists and governments, which means political issues from UN climate negotiations, which are nearing a 2015 deadline for a global agreement, inevitably affect the outcome.

The documents underlined the scope of the climate challenge in stark terms. Emissions, mainly from the burning of fossil fuels, may need to drop to zero by the end of this century for the world to have a decent chance of keeping the temperature rise below a level that many consider dangerous. Failure to do so, which could require deployment of technologies that suck greenhouse gases out of the atmosphere, could lock the world on a trajectory with irreversible impacts on people and the environment, the report said. Some impacts are already being observed, including rising sea levels, a warmer and more acidic ocean, melting glaciers and Arctic sea ice and more frequent and intense heat waves.

An iceberg melts in Kulusuk, Greenland, near the Arctic Circle in this August 2005 file photo. The UN's panel on climate science says climate change is happening, and it's almost entirely the fault of humankind.
JOHN MCCONNICO/THE ASSOCIATED PRESS/THE CANADIAN PRESS

"Science has spoken. There is no ambiguity in their message. Leaders must act. Time is not on our side," UN Secretary-General Ban Ki-moon said at the report's launch in Copenhagen.

Amid its grim projections, the report also offered hope. The tools needed to set the world on a low-emissions path exist; it just has to break its addiction to the oil, coal and gas that power the global energy system while polluting the atmosphere with heat-trapping CO2, the chief greenhouse gas.

"We have the means to limit climate change," IPCC chairman Rajendra Pachauri said. "All we need is the will to change, which we trust will be motivated by knowledge and an understanding of the science of climate change."

The report is meant as a scientific roadmap for the UN climate negotiations, which continue next month in Lima, Peru. That's the last major conference before a summit in Paris next year, where a global agreement on climate action is supposed to be adopted.

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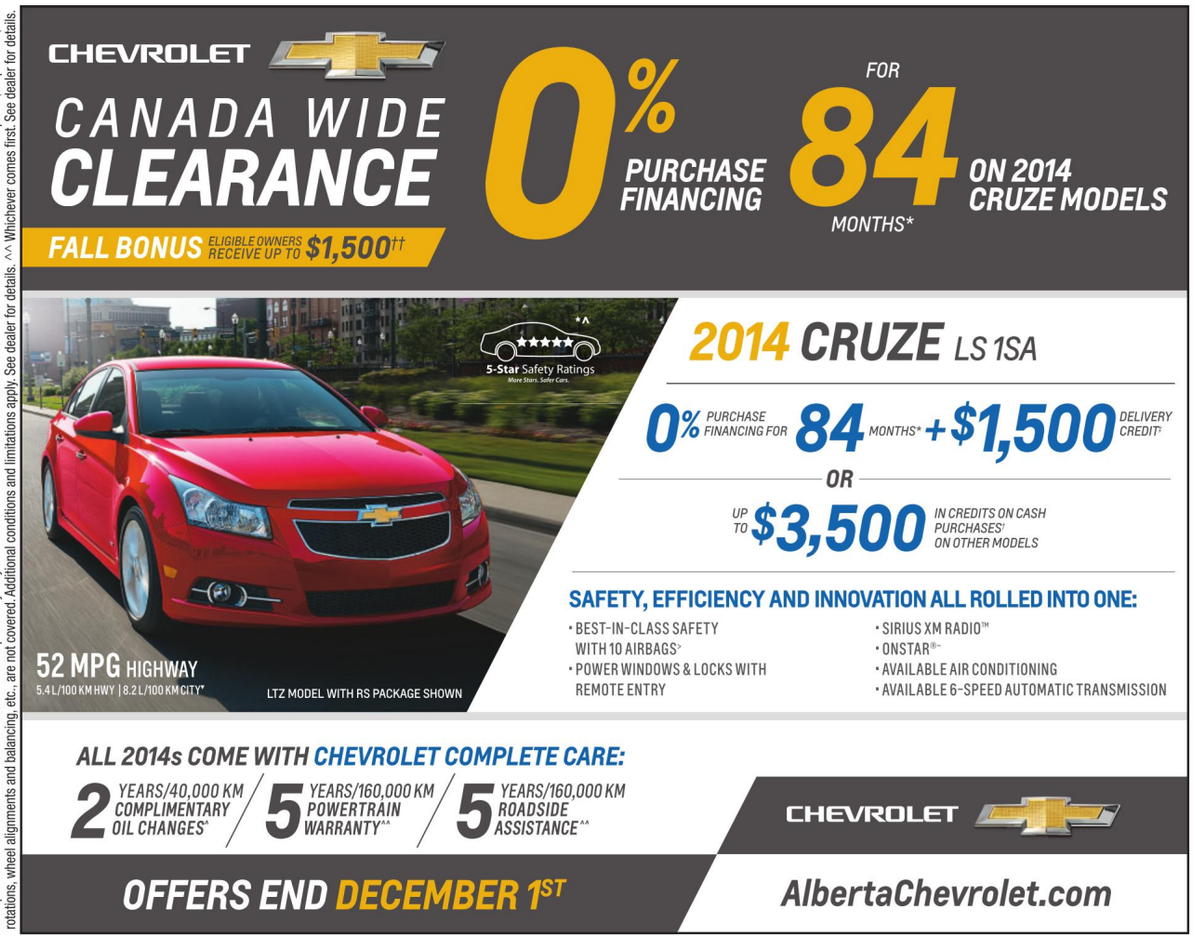

Halloween

Wedding ring goes out with the candy

An Arizona woman is searching for her wedding ring after she says she accidentally gave it away with Halloween candy.

KNXV-TV reports that Mesa resident Brooklin Yazzie says she mistakenly handed out the ring Friday during a mix-up.

Yazzie says she placed her wedding ring in a candy jar while helping her daughters carve pumpkins, and when the night became hectic she absentmindedly dumped the contents of the jar into the candy bag.

She says there were also plastic rings inside the candy bag.

Yazzie says she is hoping someone has the ring because it isn't worth much money but has more value to her. THE ASSOCIATED PRESS

Germany

Gate stolen from former Dachau concentration camp

A wrought-iron gate bearing the Nazis' cynical slogan "Arbeit macht frei," or "Work sets you free," was found missing early Sunday morning from the former Dachau concentration camp near Munich, police said Sunday.

Two women walk through the main entrance at Dachau Sunday. ANDREAS GEBERT/THE ASSOCIATED PRESS

In 2009, a similar sign was stolen from the Auschwitz death camp in Poland. THE ASSOCIATED PRESS

2,000 sheep bring traffic to a halt in Madrid

Medieval right. Spanish capital sprawls across what was once a herding route dating back to 1372

Shepherds guided a flock of 2,000 sheep through Madrid's streets on Sunday in defence of ancient grazing, droving and migration rights that increasingly have been threatened by urban sprawl and modern agricultural practices.

Tourists and city-dwellers were surprised to see the capital's traffic stopped to permit the bleating, bell-clanking parade to pass the city's most emblematic locations.

Shepherds halted at the old town hall so the chief herdsman could hand authorities 25 maravedies — copper coins first minted in the 11th century — as payment for the crossing. They then continued past Puerta del Sol — Madrid's equivalent of New York's Times Square — and past the Bank of Spain headquarters on their way to Retiro Park.

Children shrieked with joy as the sheep went from a trot to a gallop past a hamburger restaurant and luxury jewelry store in the city's toniest downtown quarter.

Since medieval times, shepherds have had the right to use droving paths crisscrossing a landscape that was once a checkerboard of woodland and grazing space. Some herding routes have been used annually for over 800 years. Madrid became an important urban centre when King Philip II chose it as the capital of his vast empire in 1561. THE ASSOCIATED PRESS

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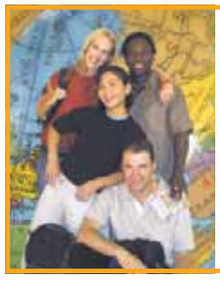
Charity at heart of festival

A man arranges tea candles Sunday to form a heart, during a local Festival of Lights in Halle (Saale), central Germany. People were invited to buy the candles with the money collected donated to charity organizations. This year's installation consisted of around 15,000 tea lights. JENS MEYER/THE ASSOCIATED PRESS



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China's slowing economy to have ripple effect

A worker is dressed in an emperor costume to attract customers as he stands outside a shop selling souvenirs at the Wangfujing shopping district in Beijing. An Associated Press survey of 30 economists has found that 57 per cent of them expect China's decelerating economy to restrain growth in countries from Brazil and Chile to Australia and South Korea. A notable exception is the United States, which the economists see as largely insulated from China's troubles. ANDY WONG/THE ASSOCIATED PRESS FILE

Republican gains, Obama's loss

Big Republican gains on Election Day would be a blow to much of U.S. President Barack Obama's agenda, but one stymied item on his to-do list might get a fresh chance to move forward: trade. That could breathe life into Asia-Pacific trade talks essential to his efforts to deepen engagement in the region.

Obama needs special authority, known as fast track, to negotiate trade deals that Congress can accept or reject, but cannot change. It would smooth the way for the Trans-Pacific Partnership (TPP), which is under discussion with 11 nations, and help advance separate negotiations with the 28-member European Union.

Fast-track legislation was introduced in January, but Senate Majority Leader Harry Reid (D-Nev.), would not allow a vote. Many Democrats fear that opening markets to countries with lower wages and standards will cost Americans jobs. Republicans tend to be more supportive, seeing trade as benefitting the economy.

With Republicans favoured to take control of the Senate and expand their House majority, trade could become a rare point of agreement between a Republican Congress and the White House.

Yet obstacles would remain.

Many Republicans would hesitate to help a Democratic president make progress on his agenda.

Among Democrats, there's widespread opposition in the House to the Asian pact. Opposition is not as strong in the Senate, but it only takes a few lawmakers to use procedural tactics to try to block the deal.

With or without fast track, there's no guarantee that the TPP nations can reach an agreement. The main players — the U.S. and Japan — appear to be at loggerheads over access to Japan's heavily protected agriculture market.

When TPP trade ministers met in Australia in late October, they announced significant progress in negotiations but no deal ahead of the Nov. 10-11 Asia-Pacific Economic Cooperation summit, where leaders of the 12 nations will want to signal the end is in sight.

THE ASSOCIATED PRESS

Flood of news

Toronto stock market heading into choppy waters

The Toronto stock market is in for more choppy trading this week amid a heavy slate of earnings and economic data and an investment climate without massive stimulus from the U.S. Federal Reserve.

"It's just going to be a flood of news coming out," said Colin Cieszynski, chief market strategist at CMC Markets.

"It will be interesting to see (if) the markets can build on that. (Or) are the markets just going to top out again and come back down?"

THE CANADIAN PRESS

Could you strike gold by investing cash in oil?

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

Oil highs and lows

- **$144.40 US:** July 2008
- **$16.38:** December 1998

Who would have thought that the world would suddenly be awash with oil, driving the price per barrel under $80, last Monday, for the first time since 2012? In fact the price per barrel has dropped 27 per cent since a mid-summer high of $107.

Now Goldman Sachs is predicting that oil will drop to $70, causing much speculation about cancellation of or, at least, a slow down of oil construction and pipeline projects. And of course the oil-producing provinces are going to feel a pinch in their royalties.

Now for the good news! All sector swoons spell opportunity. While a litre of gas still isn't cheap, oil stocks are starting to look that way. Over the past 12 months, the Canadian capped energy index is down nearly six per cent, while the S&P\TSX Composite Index is up over eight per cent, even after the October sell-off.

If you have an RRSP or any kind of workplace pension, you are likely already an oil investor. That's because virtually all Canadian mutual funds that invest in larger Canadian companies will hold some of the bigger oil companies.

But that's not to say you shouldn't add a bit more energy to your personal investments. The trick is, which stocks should you go for? Right now there's plenty of risk in the oil patch and not just from falling stock prices.

Oversupply, currency issues, declining demand and geopolitical worries can all affect dividends as well.

I surveyed a group of energy analysts and portfolio managers to determine which of the big energy companies are most likely to maintain dividends if oil tumbles further. Three names were consistently mentioned.

Remember, even though these three companies have strong balance sheets, oil at $70 a barrel will put a crimp in stock prices and dividends may go on the chopping block. So, dip a toe, but don't go for a swim.

Prices and yields as of Oct. 31:

Price Dividend Yield
1. Suncor Energy (SU-TSX)
$38.75, 2.88 per cent
2. Cenovus Energy (CVE-TSX)
$27.27, 3.88 per cent
3. Vermilion Energy (VET-TSX)
$63.05, 4 per cent

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HOW TO MAKE AND BREAK OUR CITY'S IMAGE

URBAN COMPASS

Terence Harding
edmonton@metronews.ca

Last week showed how you can both build and destroy Edmonton's reputation as an interesting, progressive place to live.

On the positive side, Edmonton International Airport got great coverage for its therapy dogs. These dogs are meant to help reduce the stress of travellers. And by all accounts, being able to pet a dog does exactly that. These types of dogs have been used at some American airports, but this is the first time they have been used in Canada. The net result is national news coverage that shows Edmonton to be a cradle of innovation and fresh thinking.

And how do you wipe out that positive perception? Expel aboriginal elder and social worker Gary Moostoos from a food court basically because he is an aboriginal. Do you think that anyone hearing or reading about that would think it was an isolated incident? Or do you think that people would surmise that racism is alive and well in our fair city? If you think it was an isolated incident, you might actually want to talk to some of Edmonton's aboriginal community.

Another positive view of Edmonton was created last week. Not by the city's communications people, not by Make Something Edmonton and not by the Edmonton Economic Development Corporation. But by two people on the street, one who lives there and one who was passing by. Thanks to Roslyn Polard, millions of people have seen Ryan Arcand play the piano on YouTube. Polard was engaged enough to realize that the man she passed by was a really good player who could compose his own music. She thought other people would be interested in that. And she was right.

The video also produced some important discussions about homelessness and those who experience it and why. It also showcased Edmonton as a place that put pianos on the street for anyone who wants to play.

If that had been where the story stopped, it would have been a totally good thing for Edmonton. But it didn't. The followup story is that Arcand has been banned from playing the piano in Winston Churchill Square because he had an open can of beer. Arcand is aboriginal. The question becomes would he be treated differently if he weren't? I would like to think that the answer is no. But when connected back to how Mr. Moostoos was treated, perhaps I am wrong. How many other people might be wondering exactly the same thing?

Viral YouTube video

Millions of people have seen Ryan Arcand play the piano on YouTube.... If that had been where the story stopped, it would have been a totally good thing for Edmonton. But it didn't. The followup story is that Arcand has been banned from playing the piano in Winston Churchill Square.

House of the dead crowded

A woman dressed as the iconic Mexican Catrina poses for photographers as she gathers with other women in costume, in an attempt to set a record for the most Catrinas in one place during Day of the Dead celebrations in Mexico City over the weekend. MARCO UGARTE/THE ASSOCIATED PRESS

Proposed law threatens Día de Muertos traditions, say critics

Mexico's capital, Mexico City, is rapidly running out of grave sites. Many residents of this growing metropolis of nine million have to exhume the remains of their loved ones, once the burial rights expire, to make room for new bodies. Officials say there is no public land available for new cemeteries.

The lack of space has prompted the city's legislative assembly to propose a law that would reduce the time a body can remain in a grave and encourage people to cremate the bodies of their loved ones, a move that critics say will threaten Mexico's long and rich traditions surrounding burying and celebrating the dead.

While other countries reuse graves, it is a sensitive issue in Mexico, where celebrating the dead is still a living part of the culture.

THE ASSOCIATED PRESS

Quoted

"Can you imagine that with the stroke of a pen they can erase All Saints Day and the Day of the Dead? They have no idea what they are doing." Jesus Guzman, who says many indigenous Mexicans prefer burial and are reluctant to accept cremation.

MetroTube

Rocket blowback

ANDREW FIFIELD
andrew.fifield@metronews.ca

THE ASSOCIATED PRESS

Orbital Science Corp.'s Antares rocket exploded spectacularly last Tuesday, just after liftoff from a Virginia launch pad on what was supposed to be a Cygnus spacecraft trip to the International Space Station. Meanwhile, a crowd had assembled about 1-1/2 miles away to watch. The realization that the launch had failed came a little late, but not as late as the very violent sound wave that threw some of them — including the person who shot this video — to the ground. (jms2productions/YouTube)

Comments

RE: Newspaper does damage control on Ghomeshi, published online Nov. 2, 2014

I was supportive of letting your freak flag fly... And then all that other "information" came out that's made the initial story seriously questionable.
Jorhan Walsh,
posted to Facebook.com

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 19 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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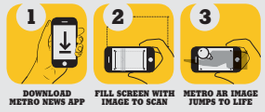

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Television

The Iron Throne should look more like this, George R.R. Martin says. MARC SIMONETTI

GOT author was never happy with the Iron Throne

As much as author George R. R. Martin approves of the TV series inspired by his A Song of Ice and Fire books, he says the Game of Thrones producers didn't nail the look of the imposing Iron Throne. It needed to be even bigger and creepier, he says.

For his new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, Martin worked with artist Marc Simonetti to create a painting, shown above, that brought his vision to life.

"He and I went back and forth a half dozen times to get something I could say, 'Yeah, this is absolutely right,'" said Martin. "I said repeatedly the Iron Throne is huge. It towers over the room like a great beast. And it's ugly. It's asymmetric. It's put together by blacksmiths, not by craftsmen ... You have to walk the iron steps, and when a king sits on it he's like 10 feet above everybody else ... He's in this raised position looking down on everyone."

THE CANADIAN PRESS

These pint-sized chefs really know how to cook

Television. The level of talent on Masterchef Junior is even higher than last season, says judge Graham Elliot

Judge Graham Elliot talks to a contestant on Masterchef Junior, which starts season two Tuesday on CTV Two. CTV

If you were blown away watching the kid contestants on the inaugural run of Masterchef Junior, just wait for Season 2, says judge Graham Elliot.

"We had no idea it was going to take off the way it did," Elliot said during a recent stop in Toronto to shoot a guest appearance on the upcoming season of Masterchef Canada.

"What's really fun is that the level of cooking compared to Season 1 is even higher, because everyone knows about it now."

Indeed, the pint-sized chefs on Masterchef Junior made a big impression. Apple-cheeked winner Alexander Weiss wowed audiences in the finale with his pan-seared veal chop over potato gnocchi and deconstructed napoleon cannoli.

Elliot — who serves on the judging panels for both Masterchef Junior and Masterchef with Gordon Ramsay and Joe Bastianich — says the contestant pool for the kids cooking show was not at all what he expected.

"You think you're going to get kids wanting to do the Hollywood thing," he said.

"But you realize that cooking is this creative outlet now, because kids are born into this food-TV lifestyle and experience new things, and a lot of them are well-travelled."

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids, because of the level they're putting up in terms of food, but also their level of concentration."

Show time

- Masterchef Junior airs Tuesdays at 9 p.m. ET on CTV Two.

Viewers who watched the recent season of Masterchef noticed a drastic physical change in Elliot, who underwent weight-loss surgery just over a year ago, dropping about 150 pounds in the process.

He says Masterchef Junior was part of the impetus.

"The big change, and you know Masterchef Junior was a part of it, is sitting up there talking to kids about eating healthy and about how they're the future of America and they need to make these great choices," he explained. "I was 400 pounds ... and just felt I was living this big lie. You need to try to lead by example, especially for my own kids."

In preparation for the upcoming season, Elliot said the producers visited all 50 states and saw a diverse range of cooking styles. "Kids are doing things that are indicative of their region, their background their upbringing," he said.

"Also (there were) people that cook from the heart and it's really rustic, kids that have a pretty privileged upbringing and have been to all the fancy French restaurants and done the tasting menus — so it's really cool to see that gamut."

THE CANADIAN PRESS

SCENE

Kids dance during an electronic dance music party organized by CirKiz at a night club in New York City. JEWEL SAMAD/AFP

Music. Six-year-olds check out New York club scene

The music's thumping, the dance floor's packed and the bar's bustling. Welcome to one of New York's hottest nightclubs and a new generation of clubbers: six-year-olds.

The VIP Room threw open its doors to children aged six to 12 on a Sunday afternoon to give them a taste of the nightclub, electronic music and dance scene in New York's uber trendy Meatpacking District.

Among those hitting the decks was eight-year-old DJ Alden. Kids swarmed onto the dance floor, bopping up and down to beats with proud moms shimmying alongside or snapping pictures.

"It was awesome!" said Alden, son of the organizers, who jumped on the decks during the four-hour, Halloween-themed party. "The best thing was when I was in the DJ booth, — DJing for everybody."

More than 300 people, including parents and younger siblings, attended the party organized by a husband-and-wife team whose company CirKiz opens top New York clubs to children once a month.

"I love it. My daughter's having a great time," said Laura Lampert, a legal secretary from Harlem dressed in a leopard print dress with cat ears, pointing out her child twirling to the side.

"It's a lot of fun. It's also safe for the kids. It's during the day, and they get to feel like grown-ups," she said.

While parents sit back with a beer or vodka from the bar, children get a taste of the DJ booth. They are encouraged to touch the equipment and dabble in a spot of mixing.

Natalie Elizabeth Weiss DJs at the children's club sessions and thinks they are a brilliant way of opening young minds.

"It's giving us a chance to get back to our roots as humans, which is get together and dance to music," she said. AFP

Music

Tickets on sale for B.C. mountain music fest

The Shambhala Music Festival, which attracts 10,000 music and mountain lovers to the Salmo River Ranch near Salmo, B.C., released a first round of tickets on Nov. 1 and put out a film spotlighting the 2014 event to get ticket buyers in the mood.

The event features electronic music and the 2015 edition — with a lineup yet to be revealed — will run Aug. 7 to 10, 2015.

Outdoor film production company Sweetgrass Productions has captured the spirit of last year's event in A Journey Home, which can be seen at vimeo.com/110241238.

In a Facebook post, Sweetgrass Productions describes the festival as having an atmosphere akin to Woodstock but in a picturesque mountain setting where pristine rivers, ultra-green forests and fairy tale peaks replace the mudslides.

For more information, visit shambhalamusicfestival.com. AFP

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Movies

Seth Rogen GETTY IMAGES FILE

Rogen tapped to play Apple co-founder in film

Actor Seth Rogen is set to play Apple co-founder Steve Wozniak in the forthcoming feature on the life of Steve Jobs, who will be played by Christian Bale.

The two Steves met in the early 1970s and quickly struck up a friendship over their shared interest in electronics. Six years later, they co-founded Apple. Wozniak worked at the company full-time until 1987, holding the titles of vice-president and director of research and development, among others.

The two actors could be joined by Jessica Chastain, who is courted for an unspecified role. AFP

TV. Ex soap star gets funny on Brooklyn Nine-Nine

Melissa Fumero, who plays Det. Amy Santiago on Fox's Brooklyn Nine-Nine, can remember the first time she had to ad lib with co-star Andy Samberg.

It was during her screen test for the role. "They just kind of threw it at me as the last thing to do. I didn't have time to freak out — I just went for it," Fumero said in a recent interview.

Brooklyn Nine-Nine (Sundays at 8:30 p.m. Eastern) is set in a New York police precinct. Now in its second season, the series won a Golden Globe last year for best TV comedy; Samberg won best comedy acting honours.

Fumero said doing comedy was always "a secret dream" and a role on an ensemble like Brooklyn Nine-Nine was very high on her "actor bucket list."

She was a regular cast member on the former ABC soap opera One Life to Live, where she met her husband, actor David Fumero. She said she learned how to handle unrealistic storylines, play comedy in high-drama situations and work with different personalities and directors.

Fumero also credits One Life to Live with making her feel comfortable with last-minute directions and script changes.

"It's a roller coaster and a speeding train when you're on a soap opera, so everything after that feels kind of slower," she said.

But for every soap opera grad who has gone on to Hollywood success, there are those who can't get an audition.

"I know so many actors that I'm still friends with from One Life that are really talented actors and some of them are really funny and they have a hard time getting auditions," she said. "They have a hard time being seen for things outside of that 'soapbox.'" THE ASSOCIATED PRESS

Actress Melissa Fumero THE ASSOCIATED PRESS

Lena Dunham ALL PHOTOS: GETTY IMAGES

Dunham delivers tongue lashing to news outlets

Lena Dunham is no stranger to having her words taken out of context, but even she has limits to how often she can turn the other cheek.

This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her new book, Not That Kind of Girl. In the book, Dunham details an embarrassing moment of childhood curiosity when she was seven and her sister, Grace, was one.

"The right-wing news story that I molested my little sister isn't just LOL— it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed.

"Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. I told a story about being a weird seven-year-old. I bet you have some too, old men, that I'd rather not hear. And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Melanie Griffith isn't down to watch daughter get dirty in 50 Shades of Grey

I don't often say this, but I'm with Melanie Griffith. The Working Girl star says she has no plans to watch the 50 Shades of Grey movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondage-y in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree.

"I think that I'm never going to see the movie myself," Griffith tells Extra. "It would just be too awkward. She, I think, would be mortified if we ever came to see her movie."

I know I would.

Melanie Griffith

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Going to New York City? You'll get a Swift welcome

STARGAZING
Malene Arpe
scene@metronews.ca

Taylor Swift is named New York City's Global Welcome Ambassador for Tourism. That settles my great vacation conundrum. Paris it is.

This week in collaborations: 1) Shakira is teaming up with Fisher-Price to launch a collection of baby toys. 2) Lululemon announces a charitable partnership with the Dalai Lama Center for Peace and Education. 3) Beyoncé and Topshop will launch an athletic streetwear line next year. 4) Dakota Johnson and Jamie Dornan will doggedly continue reshooting Fifty Shades of Grey until they appear to have at least as much chemistry as a wet dishrag and a pile of dusty bricks.

Larry King tweets that he "likes the smell of turpentine." Asked how he feels about acetone and ethanol, he replies that "chocolate cereal is better than race cars" and "bears don't appreciate your hippie haircut."

Armed clowns are terrorizing the streets of France. Come to think of it, Taylor Swift is awesome and New York is the best.

Pitbull will soon have two reality shows: Pitbull: The Lyfe and The REAL Change Project. The latter will have interesting people talking about overcoming obstacles while The Lyfe, presumably, will be about Lyme disease, lye and Lynyrd Skynyrd.

This week in breakups: 1) Debra Messing breaks up with Will Chase after three years. 2) That awful Bachelor guy and the woman he was contractually obligated to date finally break up. 3) A$AP Rocky breaks up with Chanel Iman.

Dean McDermott says he's "not the first person to ever cheat on his wife." Yeah. So there. Put that in your mystery basket.

Amanda Bynes

Bynes takes to Twitter for another tirade

Amanda Bynes is doing her Twitter thing again. The former child star, recently freed from her parents conservatorship over her — though that might be temporary — has been using what little time she has available to speak her mind on Twitter, taking on a number of topics. At the top of her list? Making sure everyone knows she doesn't think Zac Efron is ugly. Because we were worried. "It is not illegal to talk about my personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am — I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right (apartment) in NY." She's also now going to school at USC instead, apparently.

Twitter

@IJasonAlexander
I'm going back to 1993 so I can be 33 for the winter.

@NiallOfficial
Someone said to me today, "you weren't very well dressed up for halloween. " I totally disagree. We were the 6 best dressed in my eyes

@rickygervais
There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.

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LIFE 3

Losing your job is miserable, so it's essential to keep cool

Unemployment. Cut your expenses, seek advice from family and friends, and redirect your energy into finding new income

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Losing your job is a financial and emotional blow, so tackle it head-on. ISTOCK

Job loss comes with two huge stressors. First, there is the financial stuff. Second, there is the emotional misery that you must wade through.

Either pile of poop can sink you, so it is very, very important that you keep a cool head.

Apply for Employment Insurance benefits right away. It can take weeks before you see a penny, so the faster you do this the better.

If you receive a severance, it will affect when your EI benefits kick in. A delay in the start of the claim will result in an extension at the other end for the same number of weeks.

Severance or separation pay is paid out in several different forms and each is handled differently by the EI system. Speak to your HR department to get the lowdown on how you will be affected.

Check how long your benefits will stay in place and whether you've got any vacation or sick pay coming. While your boss is feeling rotten for letting you go, ask for a glowing letter of recommendation.

Sit down with your immediate and extended family to discuss what's going to be different. No point in pretending everything is A-OK.

Brave and strong as you might be, accepting help when you need it the most from people who love you the most is exactly what family is supposed to be about.

As for the kids, they will overhear the adults talking. They'll feel the stress that's swirling in the atmosphere. So talk to them, but tailor your communication to reflect their ages. If you don't address it directly, they'll internalize the angst. Reassure them that, although some things are going to change, your family is safe.

Next, start looking for ways to reduce your expenses.

Cut your clothing budget completely, except for kid essentials. Ditto entertainment, gifts, and all other non-essential expenses.

Trim back on food; time to meal plan and use everything to the very last drop.

Gut communication costs like telephone, cellphone, Internet, and cable or satellite.

Is daycare still an option, or will you swing-shift to take care of the kids at home while upgrading skills and job-hunting? Or will you both take on part-time work to keep the kids in daycare so you don't lose your spaces?

At this point, I bet you're really glad you have that emergency fund. No emergency fund? Oops! Are there things you can sell to make one? The motorcycle? The ATV? The second car?

A line of credit is not an emergency fund, no matter what you've been told. Sure, you'll eventually get another job. But if you've dug yourself a hell of a hole in the meantime, you'll be sorry.

It doesn't matter what you have to do to keep a roof over your head, that's a better alternative to using credit.

Take your credit and debit cards out of your wallet and hide them, freeze them or bury them so you can't salve your emotions by impulse shopping.

There is no time when you'll be more tempted to spend money on crap than when you're feeling deprived.

If you hated your last job, then now is the time to start thinking about a career change.

Can you use the time you're not working to upgrade your skills or take courses to retrain for something new? Would this be a good time to turn that hobby into a business?

I am not recommending you remortgage your house and buy a business because you're desperate.

What I'm suggesting is that, if there is something you've always wanted to do — landscaping, web design, freelance writing, small engine repair — now may be just the time to start making some money doing what you love.

If you can turn it into a viable full-time business, good for you. If it brings in extra money while things are tight, that's good, too.

And if you find a full-time job and can keep doing your biz on the side, hey, that's all right too, isn't it?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Job-hunting advice

When you lose your job, for whatever reason, finding a new one becomes your job, and you should do it with all the energy and enthusiasm you used to spend working.

Tell everyone that you're looking for work. Many jobs are found by word of mouth. Create an overall job search strategy that includes a daily schedule.

Schedule your day as if you were going to work, and make sure you include some socializing time (unemployment can be horrendously isolating), and keep knocking on doors.

Yes, it is hard. Yes, the rejection can be soul-numbing. But you can't just give up and hope something will come along.

You have a family counting on you. You are counting on you. So get busy. Your next job isn't going to find you.

Squash gives comfort food new profile

Butternut Squash Shepherd's Pie. This dish features a few delicious swaps

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing that characterizes comfort food better than a great-tasting Shepherd's Pie.

Traditionally known as a British Cottage Pie, it was commonly made with leftover meat and mashed potatoes as a topping.

I've added a twist on this classic dish and used fresh lean ground beef and mashed butternut squash.

This healthy winter squash is loaded with fibre and antioxidants known as carotenoids, which are known to protect against heart disease.

As well, I added edamame rather than the traditional green peas and a hint of melted aged white cheddar. Incredible!

You can always substitute sweet potatoes for the squash.

This dish is great to serve as leftovers or freeze in portions.

Directions

1. Preheat the oven to 425 F. Lightly coat an 8-inch square baking dish and large baking sheet with cooking spray.

2. Place a large non-stick skillet lightly coated with cooking spray over medium-high heat. Add the oil and onion and sauté for 3 minutes. Add the garlic and carrots and sauté for 3 minutes. Add the ground beef and sauté for 5 minutes or until no longer pink, breaking up the meat as it cooks.

3. Add the flour and cook for 1 minute. Add the tomato paste, stock, tomato sauce, basil and salt and pepper. Cover and cook on low heat for 3 minutes or until thickened. Add the edamame and cook for one minute. Place in the baking dish.

4. Meanwhile, while the meat mixture is being prepared, place the squash onto baking sheet and roast for 15-20 minutes, just until tender. Place in a bowl and mash, adding olive oil, grated Parmesan and salt and pepper. Spoon over meat filling. Sprinkle with cheese and bake for 5 minutes.

This recipe serves eight. ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups finely diced onion
- 2 tsp crushed garlic
- 3/4 cup finely diced carrots
- 1 lb extra-lean ground beef
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tbsp tomato paste
- 1/3 cup low-sodium beef (or chicken) stock
- 3/4 cup homemade or store-bought tomato sauce
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 3/4 cup frozen edamame

Topping

- 1 1/2 lb butternut or acorn squash, cut into cubes
- 2 tbsp olive oil
- 3 tbsp grated Parmesan cheese
- Pinch of salt and pepper
- 3/4 cup shredded aged white cheddar cheese

Per serving

260 calories, 15 g carbs, 2.3 g fibre, 25.6 protein, 11 g total fat, 3.4 g saturated fat, 40 mg cholesterol, 223 mg sodium

Lessons from the desert

Tip the odds in your favour by leaving little to chance

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When strangers are strung together to accomplish any task, an in-depth discussion of each person's motivations can help create a strong team. ISTOCK

Many of life's projects involve teamwork, and at times, the team is made up of individuals who do not know each other but are coming together for a common purpose.

The question is, how do you bond strangers? This is what we are attempting to do.

Our team of three runners met for the first time today in picturesque Ushuaia, located near the southern tip of South America, where the Patagonia Mountains meet the Atlantic and Pacific oceans. Our task is simple: come together within three days before the start of the Antarctica race, a race comprising six marathons in five days. We are aligned on our goal, which is to run our collective fastest and challenge to win.

Today, we met and started to focus on how we could win. We engaged ourselves in team-building activities to establish camaraderie, as well as having explorative conversations to understand each other's motivations, values and emotional triggers. These activities allowed us to develop an aligned team with tactics and a strategy for the Antarctica race.

We have just enough time to collectively agree on what is within our control so we can execute our plan. For the myriad of things outside of our control, most will be mapped out so we can discuss our preferred team responses ahead of time, thus increasing what we perceive to be within our influence. For the rest of the time, hopefully our bond will be strong enough so that we can align rapidly to a course of action even if we disagree.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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CANADIAN FINALS RODEO

Monday, November 3, 2014

Prepare for a wild ride

Activities. Approximately 90,000 guests expected in the city for various rodeo-themed events

LUCY HAINES
For Metro

Eight seconds on a bull might be all a cowboy needs come competition time, but Edmonton needs eight days (plus one) to celebrate all things cowboy with Rodeo Week, the Canadian Finals Rodeo (CFR) and Farmfair International, which kicked off Saturday.

As the largest annual indoor rodeo in Canada, the CFR attracts the best to Rexall Place for six adrenalin-packed performances. This year, 108 competitors will vie for national titles in seven major events and more than $1.5 million in prize money. In its 41st year, the CFR will draw more than 90,000 guests to the arena, where cowboy and beast, cowgirl and barrel, clowns, pageants, and more will entertain from Wednesday to Sunday.

Not to be outdone, Farmfair International is the largest agricultural showcase in the country. A place to network and show and sell top-quality livestock, Farmfair offers more than $175,000 in prizes for beef programs alone. This year, 150 exhibitors inside RAM Country Marketplace and 1,000 head of livestock are part of the mix.

Even if you aren't a fan of beef ranching, steer wrestling or tie-down roping, there is plenty to keep urban cowboys happy during Rodeo Week, with events planned all around town.

"We want to engage the whole city with rodeo-themed activities," Maggie Davison, vice-president of Edmonton Tourism, said at Thursday's kickoff to the western event. "We'll please the traditional rodeo fan and party-goer, too."

A chili cook-off, mechanical bull-riding competition and first-ever Prairie oyster shuck are a go, but people will also see hotel lobbies, bars and restaurants embracing the urban/rural mash-up, with western-inspired menu items and cocktails.

New Northlands CEO Tim Reid — yes, it's his first rodeo — said two evenings of CFR will be dedicated to the military, one a nod to the PPCLI 100th anniversary, and Sunday as military appreciation night.

"It's a big country, and we're celebrating this event out West, but we want to acknowledge the recent tragic events and honour all those who serve," Reid said.

Pre-party details

- The good times start early each night of the Canadian Finals Rodeo. Food, drinks, fun and entertainment are part of the CFR pre-party Thursday to Saturday from 4:30-7:30 p.m. at the Edmonton Expo Centre. The 18-year-plus western-themed celebrations for rodeo fans include live music, dancing and more, a guaranteed way to get ready for the big night's show.

The Canadian Finals Rodeo is the largest annual indoor rodeo in Canada. CONTRIBUTED

Tim Reid

Events. Kick up your heels each night

KRISTA SYLVESTER
For Metro

It's that time of year again, when the highly entertaining Canadian Finals Rodeo comes to the city and there is no shortage of things to do across Edmonton.

The city is welcoming visitors from all over for the nine-day celebration of rodeo, music, nightlife and more, said Edmonton Tourism development manager Joseph Pedrola, who added there is a lot to do beyond the rodeo.

"Beginning Nov. 1, Rodeo Week gives Edmontonians and visitors alike a unique opportunity to enjoy a variety of rodeo-themed activities taking place across the city," he said.

The 41st annual event is the largest indoor rodeo in Canada and attracts thousands of visitors to the city, which benefits every sector, said Northlands president and CEO Tim Reid.

"It's not just the Northlands grounds that hosts tens of thousands of guests each year, Edmonton's restaurants, bars and hotels are filled with entertainment seekers and out-of-town visitors who will enjoy the western hospitality our city has to offer," he said.

Edmonton Tourism said there are many attractions for visitors, including the popular bars and nightclubs, which are always a hit, with many hosting special events for Rodeo Week.

There will be a Prairie oyster shuck at Knoxville's Tavern, a biggest boot in town event at the Ranch Roadhouse, the Canadian finals mechanical bull-riding championship at Cook Country Saloon, and both a Mr. and Miss Rodeo Canada competition, just to name a few.

"We want everyone to feel like they're part of the excitement the Canadian Finals Rodeo brings to Edmonton," Pedrola said. "There is something for everyone to enjoy, young and old, the rodeo fan and the party-goer."

Pedrola recommends that visitors plan ahead to ensure they get the best out of the week. For more information, visit exploreedmonton.com/rodeoweek or cfr.ca.

Edmonton will give locals and visitors a unique opportunity to enjoy a variety of rodeo-themed activities. COURTESY EDMONTON TOURISM

Performers

- The Melcor Pre-Party starts Thursday, with performers Kory Wilos, Dirt Road Angels and Craig Moritz providing entertainment each night. General admission is free with the purchase of your Canadian Finals Rodeo or Farmfair International ticket.

Cowboy boots are a given for classic western wear. ISTOCK

Find the right fit and style

From classic western to young, urban chic, this year's Canadian Finals Rodeo will see a little bit of everything, beginning with the basics.

Every year, local country and western stores are bursting with customers looking to dress the part for the Canadian Finals Rodeo, and West Edmonton Mall's Lammle's Western Wear & Tack is no different.

Many customers are looking for the latest in western-style trends, but many stick with the basics and add their own twist, said sales associate Kyanna Hedegaare-Friend, who added they have been busy dressing rodeo-goers this year.

"For men and women, a comfortable pair of boots, a good pair of jeans and a nice snap-up shirt is always popular," she said. "Men can pull it off with a basic T-shirt, as well, but that's pretty much the outfit people want to put together."

Trends in cowboy boots, a staple for any outfit, she said, are pretty standard every year with men leaning towards a square-toe boot and women choosing a pointy-toe boot.

"The authentic cowgirls, however, go for a square boot, but in the fashion sense, women tend to gravitate towards the skinny toe."

Women tend to prefer more colourful shirts with plaid or paisley being popular choices, while women also like to wear jeans with embroidery and accentuate their outfits with jewelry and maybe even a scarf.

Hedegaare-Friend adds the following when looking for cowboy boots.

- Make sure you try the boots on.
- Is there enough room for your toes?
- Does it feel like the boot was made for your foot?

KRISTA SYLVESTER/FOR METRO

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Bumps, bruises, broken bones are part of the game

KRISTA SYLVESTER
For Metro

It's not a story he is proud of telling, but last year's Canadian Finals Rodeo bull-riding champion is ready to get back on the bull after breaking his leg just two months ago.

Claresholm, Alta., native Chad Besplug is preparing to compete in his eighth Canadian Finals Rodeo as the returning bull-riding champion after last year's incredible performance, but the 29-year-old athlete is still healing from a broken leg — and it's not from a rodeo injury.

"I was just playing around with some friends and I jumped off the roof of a garage actually," he said. "It's not a good story."

Despite that, Besplug said he is "98 per cent" positive he will be competing in the Canadian Finals Rodeo from Wednesday to Sunday.

"I'm pretty set on it. (The leg) still won't be 100 per cent, but it should be quite a bit better than it is right now. It's not ideal to have an injury, but it's part of the game."

Chad Besplug was the Calgary Stampede $100,000 champion in 2012.

It might be on his mind now, but Besplug said once the finals start he won't be thinking about his injury — he will be thinking about winning back-to-back championships.

"To win the championship is my goal and I want to win the Canadian championship more than I'm worried about hurting my leg. I've made all of the commitments and the rest of my body has been working really hard. I've been in the gym and everything else is ready."

Besplug has made quite the name for himself and knows he might only have a few years left, so the Canadian Finals Rodeo is the event he looks most forward to each year.

"Every single one is important and that's why you want the title. It's like the Grey Cup of rodeo. I won it last year and I want to win it back to back."

Sacrificing your body

"To win the championship is my goal and I want to win the Canadian championship more than I'm worried about hurting my leg."
Chad Besplug

Chad Besplug is a two-time Canadian champion bull rider. CANDICE WARD PHOTOS

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Curling

Sweeting in time to win first Slam

Edmonton's Valerie Sweeting beat the clock Sunday in her 5-4 win at the Masters Grand Slam of Curling women's final.

She used a timeout to get her last rock off and remove Sweden's counter from the button to beat Olympic silver medallist Margaretha Sigfridsson.

All part of the plan, said Sweeting, who has better clock management on her to-do list.

"I wanted to take it (the timeout) on my last so I'd have lots of time to throw," she said after the win, her first-ever at a Slam. "Yesterday we almost ran out of time and we didn't have a timeout."

In the men's final, Brad Gushue of St. John's, N.L., beat Winnipeg's Mike McEwen 8-6.

THE CANADIAN PRESS

NHL

Flames begin road trip with win in Montreal

Flames prospect Josh Jooris scored twice to lead Calgary to a 6-2 victory over the Montreal Canadiens on Sunday night in Montreal.

Markus Granlund, Curtis Glencross, Lance Bouma and Mark Giordano also found the back of the net for Calgary (7-2-4), while Jonas Hiller stopped 18 of 20 shots.

Max Pacioretty and Rene Bourque scored for Montreal (8-3-1). Carey Price made 30 saves in defeat.

The Flames started their five-game road trip on the right foot, as Bob Hartley's men play four more times away from the Scotiabank Saddledome before heading back home on Nov. 13.

The loss halted Montreal's unbeaten run at home. They were 4-0-0 at the Bell Centre prior to Sunday. THE CANADIAN PRESS

Brady's TD bunch busts up Broncos

NFL. With four passing scores Patriots QB improves to 11-5 against rival Manning

metro AR Patriots linebacker Akeem Ayers sacks Broncos quarterback Peyton Manning on Sunday in Foxborough, Mass. Scan the image with the Metro News app for more from the NFL on Sunday.
STEVEN SENNE/THE ASSOCIATED PRESS

The chant began midway through the fourth quarter with the latest matchup between the all-time great quarterbacks long ago decided:

"Brady's Better."

On this day, Tom Brady and his New England Patriots certainly were the superior team, routing Peyton Manning and the Denver Broncos 43-21 on Sunday to grab the best record in the AFC.

Brady outduelled Manning in the 16th instalment of their rivalry and is 11-5 against Manning. He threw for four touchdowns and Julian Edelman returned a punt 84 yards for a score.

In his 200th career start, Brady passed for 333 yards. He has won 155 of those, the most for any quarterback in that many starts.

"He has always set a real high bar for how to play and I have tried to do the same through my efforts with my team," said Brady, who owns three Super Bowl rings to one for Manning. "The only thing I really care about is the respect from my team, going out there and trying to earn it."

After 15 seasons that almost certainly will earn him Hall of Fame recognition, Brady, 37, has that respect. He also has that mastery over Manning, who fell to 2-7 at Gillette Stadium even though he threw for 438 yards and two touchdowns. He has at least two TD passes in 14 consecutive games, an NFL record.

"Well, I don't usually stink, but I stunk today," said Manning, 38, who broke into the NFL in 1998, two years before Brady. "I don't make any excuses."

Tom Brady
GETTY IMAGES

The two touchdown passes increased Manning's total to 515. He broke Brett Favre's record of 508 earlier in the season.

The game wasn't particularly competitive after the first quarter, which Denver completed in front 7-3.

New England (7-2) scored the next 24 points on the way to winning its fifth straight, halting the four-game winning streak for Denver (6-2) in emphatic fashion. Brady has 18 TD passes and one interception in those five victories.

Brady connected with Edelman and Shane Vereen on five-yard scoring passes in the second quarter, with Brandon LaFell from 10 yards and with Rob Gronkowski from the 1 in the second half.

Week 9

Patriots	Broncos
43	21

Most of Manning's yardage came well after the Patriots' fourth straight home win over Denver in as many seasons was secured. When it was closer, Denver's high-powered offence had little juice.

"The quarterback stinks, usually you're not going to win many games," Manning said.

Even with the two great QBs in the house, Edelman was a star. Not that New England's defence took a back seat, befuddling Manning so often that the Broncos barely got the snap off on time on several plays.

Edelman's first touchdown was set up by Rob Ninkovich's interception and 11-yard return to the Denver 34.

That TD gave the Patriots a 13-7 lead and Edelman upped it with his sensational, weaving punt return. Catching the ball at his 16, he got a massive block from Tim Wright along the right sideline, then cut back diagonally across the field into the left corner of the end zone. THE ASSOCIATED PRESS

4 SPORTS

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't let negative thinking get the better of you. Focus on what you are good at and trust in the planets to guide you in the right direction.

♉ Taurus
April 21 - May 21
What happens today may not seem significant but with the benefit of hindsight you will see it plays a big part in the grand scheme of things.

♊ Gemini
May 22 - June 21
You may think you have energy to spare today but your physical batteries are running low, so don't take on any new duties.

♋ Cancer
June 22 - July 23
You won't lack for confidence today but common sense may be harder to come by. Make sure you know what you are getting yourself into for before agreeing to part with cash.

♌ Leo
July 24 - Aug. 23
The Sun and Pluto link well as the new week begins and the message it has for you is that you need to find more harmonious ways to link your home life and your work life.

♍ Virgo
Aug. 24 - Sept. 23
You are uneasy about the direction your life seems to be taking. With that in mind, don't start something new today just because you feel the need for a change. Your progress must be evolutionary, not revolutionary.

♎ Libra
Sept. 24 - Oct. 23
A challenge will push you beyond the rather narrow limits you have imposed on yourself recently. You will find hidden reserves of talent and energy.

♏ Scorpio
Oct. 24 - Nov. 22
As the Sun aspects your ruler Pluto today you will experience a great surge of energy. But you are strongly advised to finish what you have started before embarking on a new project.

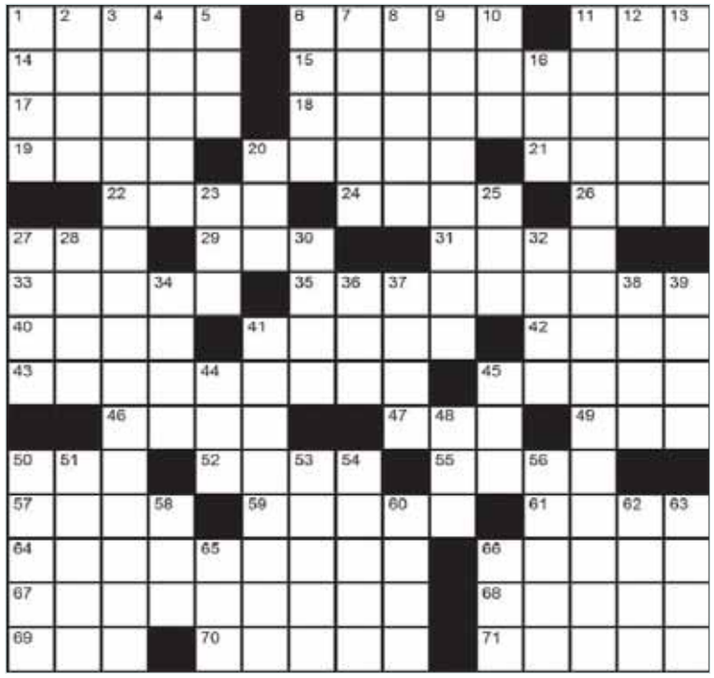
♐ Sagittarius
Nov. 23 - Dec. 21
A change of direction is not needed, despite what some may be telling you. All you need is faith in your abilities.

♑ Capricorn
Dec. 22 - Jan. 20
Don't allow others to talk you into doing something that will tie you down for weeks at a time. You have your own interests and goals to pursue and you must put them first.

♒ Aquarius
Jan. 21 - Feb. 19
You have been pushing yourself too hard and need to slow down. That won't be easy with power planet Pluto so strong at the start of the week but it can and must be done.

♓ Pisces
Feb. 20 - March 20
There are times when you take too much for granted and this could be one of them. You may think you can get away with neglecting a chore but if you do the consequences could be dire.

Crossword: Canada Across and Down by Kelly Ann Buchanan



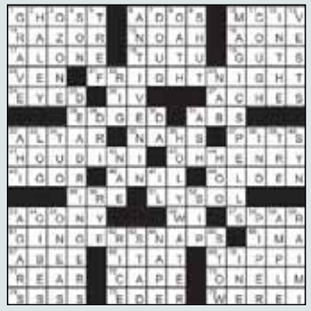
Across

1. Ballroom dance
6. Old Irish alphabet
11. Composer, Francis __
14. Sir Newton
15. Vehicle vacations: 2 wds.
17. Not last
18. "Skyfall" (2012), for one: 2 wds.
19. Restaurants bills
20. Robinson Crusoe author Daniel
21. Chomp
22. Ancient harp
24. Rap music duo, __ Yang Twins
26. Big Apple baseball team, briefly
27. British tenor, Alfie __
29. Ms. Thurman
31. Pull along
33. Take apart the Hoover, say
35. Free-standing __ (CN Tower, for example)
40. Do, __, __...
41. "__ __ I?" (Les Miserables query)
42. "Step ___ __!" (Pick up the pace!)
43. Travelled
45. Calgary-born songstress Jann
46. Actual
47. Not their
49. Disney deer
50. Vroomer
52. Johann __ (The Swiss Family Robinson author)
55. Fruit cocktail ingredient
57. Sort of sign
59. Government takeovers
61. Opened slightly
64. British Columbia/Washington State: Strait of Georgia, Juan de Fuca Strait and Puget Sound, as these three waterways are collectively known: 2 wds.
66. DWTS judge
67. Gilbert & Sullivan operetta of 1885: 2 wds.
68. Ms. Moorehead
69. "Hunger of the Pine" rock band: __-J
70. Burdened
71. Strengths

Down

1. Use a sieve
2. Largest continent
3. Pacific Northwest seabird: 2 wds.
4. Like Paul McCartney's instrument
5. Behave
6. "...there __ __ square."
7. Cartoon canine
8. Vietnam's capital city
9. Postscript
10. TV production co.
11. #45-Across' "Insensitive" album: 3 wds.
12. George Harrison's "Isn't It _ __"
13. "_ __ to recall..."
16. Steal
20. Rep.'s rival
23. Bar drink
25. RCMP's French acronym
27. __ Khalifa (World's tallest building in Dubai, UAE)
28. Early afternoon, __ _'clock
30. Greyish
32. 'Origin' suffix
34. 'Billion' suffix
36. Lake tester
37. Wristwatch brand
38. Nothing: French
39. Famous volcano
41. Canadian broadcaster Bill (Trivia! He hosted at both MuchMusic and MuchMoreMusic)
44. "Uh-uh."
45. 'Hect' add-on
48. Increases
50. __ Rica
51. Menotti opera, __ and the Night Visitors
53. "Sorry to hear that.": 2 wds.
54. "Blue __ Shoes"
56. Pirate's annoyance!
58. Classic game
60. Peacock: French
62. Freshly
63. Singer Diana
65. 'S' of RSVP
66. Baseball __

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	6	1	4	8	7	3	5	9
7	3	8	1	5	9	6	2	4
4	9	5	3	2	6	1	8	7
5	7	3	6	4	2	8	9	1
8	1	9	7	3	5	4	6	2
6	4	2	8	9	1	5	7	3
9	2	4	5	1	8	7	3	6
3	5	6	2	7	4	9	1	8
1	8	7	9	6	3	2	4	5

Conceptis Sudoku By Dave Green

		3				1		
	6		3		5		2	
4		8		2		6		9
	7		2		1		8	
		2				5		
	1		8		4		7	
6		4		7		2		8
	3		6		9		5	
		7				9		

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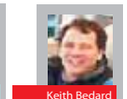
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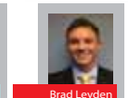
Steve Kachkan

Ron Blonar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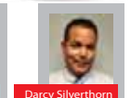
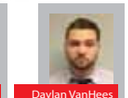

Darcy Silverthorn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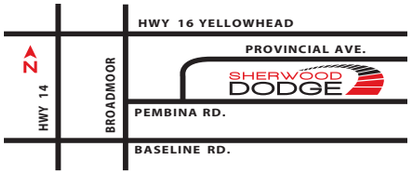

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